

Exercise

As your pet gets older it will slowly decrease its exercise. Your dog won't want to go outside to run around the backyard as much or freely sprint down the beach when you let them off the lead. You'll find your cat won't be as interested in chasing those pesky mice, flies or birds anymore. Because of this it is very important for you, as the owner, to encourage your geriatric pet to stay active.

Dogs

Make sure you are walking your dog everyday. It may mean that you can't go as far or as fast anymore but even slow walking will expend energy and keep joints and muscles active and supple, they still enjoy "sniffing" around too. Another idea is throwing a ball or toy for your dog to chase in the backyard for 15mins a day.

Exercise cont...

Cats

Cats are not as easy to exercise as you can't take a cat for a walk around the block - it becomes a "drag".

Good ideas for cats are to grab a piece of string and play with them for 15mins around the house. Or carry them to the letter box or corner of the street and get them to walk back home with you.

WEIGHT MANAGEMENT



FOR MORE INFORMATION
PLEASE CONTACT:

UNITEC VETERINARY HOSPITAL
ENTRY 3, CARRINGTON ROAD
MT ALBERT
PH: 849-2045

FOR YOUR
SENIOR PET

**AS ANIMALS
GET OLDER
THEY BECOME
MORE PRONE TO
WEIGHT GAIN AS THEIR
ACTIVITY DECREASES**

Weight gain, and in the worst case obesity, can cause many problems in geriatric pets:

- Heart/respiratory disease
- Joint disease e.g. arthritis, back or spinal disc problems.
- Cancer
- Diabetes
- Liver disease
- Risk with surgery and anaesthesia
- Heat intolerance
- Inability to groom

Nutrition

The pet food industry supplies great specially formulated foods to suit your pet as they move into the later stages of their life. These foods are a premium and complete diets, having all the right ingredients your geriatric animal needs to stay healthy and maintain their weight as they become less active.



ADVANCE
FELINE/CANINE
SENIOR DIET



HILLS SCIENCE DIET
FELINE /CANINE SEN-
IOR



IAMS FELINE
ACTIVE MATURITY



EUKANUBA CANINE
SENIOR (sml, med, lge breed)

Senior Diets contain

- **Fewer calories** - reduces the risk of excessive weight gain, balances energy intake/outtake as your pet becomes less active.
- **Higher quality protein** - helps to maintain muscle strength and tissue repair.
- **Less sodium** - helps to stop water retention to reduce stress on the aging kidneys.
- **Antioxidants**- vital in aiding your pet's natural defenses. Helps fight against free radical's.
- **Glucosamine and Chondroitin**- helps maintain healthy cartilage within the joints.
- Supplements can also be beneficial for your senior pet, please feel free to ask staff about suitable products.

